

Appendix 4 Exit survey for smart web aid for preventing diabetes (SWAP-DM2) assessment

Q1 What are the harms of diabetes and pre-diabetes?

- ☐ It leads to lesions in the eye, kidney and heart etc.
- ☐ It affects long-term objectives and development.
- ☐ It affects family and social relationships.
- ☐ It induces psychological and economic burdens.

Q2 What are the harms of imbalanced diet?

- ☐ It leads to overweight or obesity.
- ☐ It causes hypertension.
- ☐ It leads to cerebral-cardio-vascular diseases.
- ☐ It induces diabetes.
- ☐ It leads to cancer.

Q3 What are the harms of inadequate physical activity?

- ☐ It leads to overweight or obesity.
- ☐ It causes hypertension.
- ☐ It leads to cerebral-cardio-vascular diseases.
- ☐ It induces diabetes.
- ☐ It leads to cancer.
- ☐ It reduces body immunity.

Q4 What have you been regularly practicing for controlling your blood glucose in the past month?

- ☐ Reduce calorie intake.
- ☐ Increase vegetable intake.
- ☐ Increase leisure-time exercises.

Q5 Please select a value from 0 to 10 to indicate your confidence for practicing each of the following behaviors.

- ☐ Modifying diet.
- ☐ Increasing physical activities.
- ☐ Refusing snacks.
- ☐ Engaging relatives in diabetes prevention.

Q6 Please select a value from 0 to 10 to indicate your satisfaction toward each of the following service aspects.

- ☐ Overall service provided.
- ☐ Service techniques used.

[] The doctor's responsiveness.